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(a) passing said film between two electrodes, wherein one of said electrodes is a plasma-generating electrode, which faces an outer surface of said film layer having exposed pores, and the other electrode is a plasma-attracting electrode, which is positioned adjacent to the opposite side of the film;

(b) operating said plasma-generating electrode under conditions sufficient to generate plasma; and

(c) operating said plasma-attracting electrode under conditions sufficient to draw plasma generated in step (b) into the pore space of said porous film layer,

wherein said plasma-treatment provides said porous film layer with (a) a receding contact angle for water of less than 35° and (b) a pore accessibility for water of at least 0.60.